



Department of Education-Region 10
Division of Misamis Oriental
MAPUTI SENIOR HIGH SCHOOL
Maputi, Naswan, Misamis Oriental



FIRST QUARTER EXAMINATION
Physical Education 1 / HOPE 1

NAME: _____

SCORE: _____

GRADE AND SECTION: _____

DATE: _____

General Instructions: Follow the INSTRUCTION in every Test/Part properly.

Test 1. Multiple Choice: Encircle the chosen letter which you think is the correct answer.

- The ability of the heart and lungs to deliver oxygen to working muscles during physical activity for a long period of time is called ____?
a. Cardiovascular Endurance
b. Flexibility
c. Body Composition
d. Muscular Strength
- What is the advantage of exercise?
a. Improved quality of life
b. Decrease chronic disease
c. Stress Relief
d. All of the above
- Doing muscular strengthening exercises also develops ones ____?
a. Cardiovascular Endurance
b. Muscular Endurance
c. Flexibility
d. Bone strength
- If Randy perform short bursts of lifting very heavy weights with low repetitions, this type of exercise is called ____?
a. aerobic exercise
b. muscular strength exercise
c. bone strength exercise
d. anaerobic exercise
- The ability of a muscle to exert force for a brief period of time is referred as ____?
a. Muscular Endurance
b. Muscular Strength
c. Cardiovascular endurance
d. Flexibility
- Push up, weight lifting, plyometrics are examples of what exercises?
a. Muscular Endurance
b. Muscular Strength
c. Cardiovascular Endurance
d. Flexibility
- Which of the following is not a primary benefit of regular cardiovascular exercise?
a. Increased ability to take in and use oxygen
b. Improved balance
c. Lower blood pressure
d. Lower pulse rate
- What does F.I.T.T. stands for?
a. Fitness, Intelligence, Total Turnout
b. Frequency, Intensity, Time, Type
c. Fitness, Intensity, Total Turnout
d. Fun, Intensity, Teamwork, Trust
- Running, cycling, swimming, and dancing are all examples of what type of exercise?
a. resistance exercise
b. aerobic exercise
c. muscular strengthening
d. flexibility exercises
- When weight lifting for muscular strength, one should lift ____ weight and do ____ repetitions?
a. less: fewer
b. less: more
c. more: many
d. more: fewer
- "Repetitions" in muscular strengthening exercise refers to ____?
a. the length of time an exercise is performed
b. a fixed number of reps followed by a rest period
c. a rest period
d. the number of times an exercise is performed
- Benfaccio is trying to find out how much weight he can push across the room. He is really trying to measure his ____?
a. flexibility
b. muscular strength
c. bone strength

Sample Examination IQps

Ian Pickup



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